

The Best Basic Veggie Soup Recipe for a Cozy, Healthy Meal

1 medium yellow onion, diced



TIME
5 to 7 min

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INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 2 garlic cloves, minced
- 2 carrots, peeled and sliced
- 2 celery stalks, sliced
- 1 zucchini, chopped
- 1 cup green beans, trimmed and cut into bite-sized pieces
- 1 can diced tomatoes, 14.5 ounces
- 6 cups vegetable broth
- 1 teaspoon Italian seasoning
- 1/2 teaspoon dried thyme
- 1 teaspoon salt, or to taste
- 1/2 teaspoon black pepper
- 1 cup corn, fresh or frozen
- 1 cup peas, fresh or frozen
- 2 cups chopped cabbage or spinach
- 1 tablespoon lemon juice, optional

DIRECTIONS

1. Heat the olive oil in a large soup pot over medium heat.
2. Add the onion, carrots, and celery. Cook for about 5 to 7 minutes until the vegetables begin to soften.
3. Stir in the garlic and cook for 30 seconds, just until fragrant.
4. Add the zucchini, green beans, diced tomatoes, vegetable broth, Italian seasoning, thyme, salt, and pepper.
5. Bring the soup to a gentle boil, then reduce the heat and let it simmer for about 20 minutes.
6. Stir in the corn, peas, and chopped cabbage or spinach.
7. Simmer for another 8 to 10 minutes, until all the vegetables are tender.
8. Taste and adjust seasoning as needed. Add lemon juice if using.
9. Serve hot with crusty bread, crackers, or a simple side salad.

SWAPS & NOTES

This is a true clean-out-the-fridge kind of soup, so don't stress about making it exactly as written.

Use spinach, kale, or cabbage depending on what you like.

Add potatoes for a heartier texture.

Stir in white beans or chickpeas for extra protein and fiber.

TIPS FOR SUCCESS

The biggest key to a great veggie soup is layering flavor from the beginning.

Letting the onion, carrots, and celery cook first gives the soup a stronger savory base.

Try to cut your vegetables into similarly sized pieces so they cook evenly.

If you're adding quick-cooking ingredients like spinach or frozen peas, save them for the end so they stay bright and fresh instead of turning mushy.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-basic-veggie-soup-recipe-for-a-cozy-healthy-meal/>